

St. Rose of Lima Athletic Association

Emergency Procedures:

- 1.) The coach must carry with him/her a copy of the emergency treatment form of each athlete. A roster including names, telephone numbers, and emergency numbers of athletes must be part of this card.
- 2.) If a player is injured, the coach should make a quick appraisal of the situation. Determine what has to be done and do it.
- 3.) Do not move a victim if you feel movement could cause further injury. Use general first aid procedures. Give first aid yourself only if urgent -- not breathing or severe bleeding.
- 4.) If, in your opinion, additional professional assistance is necessary and requires immediate hospitalization -- for example, an obvious or suspected fracture --

DO NOT MOVE THE INJURED PERSON - CALL:

911

The parent

If there is only one coach available, the coach should send a responsible individual to the building where a custodian or other adult will be asked to call for help.

- 5.) If, in your opinion, further professional help is necessary which does not require immediate hospitalization, call the parent -- at work if necessary. If you cannot get the parent, call the emergency number of the injured person. Reach the parent as soon as you can. If you cannot reach the parent, get the injured athlete to the hospital. A responsible adult should accompany the athlete to the hospital and you should continue to try to reach the parents. Their permission will be necessary prior to any x-ray, reduction, or surgery. When you reach the parent be kind. Tell the facts and get any additional information that is needed.
- 6.) Keep the student warm and quiet.
- 7.) If no further aid is needed, make sure that the parent is informed at the end of the activity.
- 8.) In all cases notify the school nurse within twenty-four hours.
- 9.) No injured player should -resume practice or play when he or she has seen a doctor without a "**RETURN TO PLAY NOTE**" completed by the doctor. If the player does not see a doctor and the injury is noticeable, it will be the coaches responsibility to have the player examined and released by the school nurse before he or she is eligible to practice or play.
- 10.) After the player has been well cared for, coaches should follow up with a telephone call to the home.